Anterior and Medial Thigh Muscles

Anterior Thigh

|  |  |
| --- | --- |
| Tensor Fasciae Latae m. |  |
|  | O: Iliac crest and ASIS  I: ITBand  N: superior Gluteal N. (L4-S1)  A: 1. Hip flexion  2. hip ABduction  3. Hip internal/medial rotation  4. Helps stabilize knee in extension  Blood Supply: Superior gluteal a. & lateral circumflex femoral |
| Sartorius m. |  |
|  | O: ASIS  I: Medial Tibia (pes ancerinus)  N: Femoral N. (L2, L3)  A: 1. Hip flexion  2. Hip ABduction  3. Hip external rotation  4. Knee flexion  Blood Supply: femoral a. |
| Rectus Femoris (*Quadriceps femoris m)* |  |
|  | O: 1. AIIs  2. superior rim of acetabulum  I: Tibial tuberosity (Patellar tendon)  N: femoral N. (L2,34)  A: 1. Extends knee  2. **Flexes hip**  Blood Supply: femoral & lateral circumflex femoral a. |
| Vastus Lateralis (*Quadriceps femoris m)* |  |
|  | O: Greater trochanter & lateral lip of linea aspera  I: Tibial tuberosity (Patellar tendon)  N: Femoral N (L2,3,4)  A: Extends knee  Blood Supply: femoral a. |
| Vastus Intermedius (*Quadriceps femoris)* |  |
|  | O: Anterior & lateral Femur  I: Tibial tuberosity  N: Femoral N. (L2,3,4)  A: Extends Knee  Blood Supply: femoral a.  \*\* lies deep to Vastus Rectus! |
| Vastus Medialis (*Quadriceps femoris m)* |  |
|  | O: intertrochanteric line & medial lip of linea aspera  I: Tibial tuberosity  N: Femoral N (L2,3,4)  A: Extends Knee  Blood Supply: femoral a. |

Medial Thigh Muscles

|  |  |
| --- | --- |
| Pectineus (*Superficial)* |  |
|  | O: Superior Ramus of Pubis  I: femur just inferior to lesser trochanter  N: femoral N. & sometimes obturator (L2,3,4)  A: 1. Flexes hip  2. ADDucts hip  Blood Supply: profunda femoral & medial femoral circumflex a.  \*forms floor of femoral triangle with iliopsoas m. |
| Adductor Longus (*Superficial*) |  |
|  | O: Pubis- Inferior to Pubic crest  I: linea aspera (middle 1/3)  N: Obturator N. (L2,3,4)  A: 1. ADDucts hip  2. assists with hip extension, flexion and rotation  Blood Supply: profunda femoral & medial femoral circumflex a. |
| Gracilis (*Superficial)* |  |
|  | O: Body and Inferior Ramus of Pubis  I: Superior medial tibia (pes ancerinus) & satorius & semitendinosis  N: Obturator n. (L2, L3)  A: 1. ADDucts hip  2. Flexes & **interally**  rotates knee  Blood supply: profunda femoral & medial femoral circumflex a. |
| Adductor Brevis (*Deep)* |  |
|  | O:Pubis- Body and Inferior ramus  I: Proximal Linea Aspera  N: Obturator N. (L2,3,4)  A: 1. ADDucts hip  2. Assists with hip flexion and rotation  Blood Supply: profunda femoral & medial femoral circumflex a. |
| Adductor Magnus (*Deep portion)* |  |
|  | O: inferior pubic ramus, ischial ramus, ischial tuberosity  I: Linea aspira  N: Obturator N.  A: Adducts hip  Blood Supply: profunda femoral & medial femoral circumflex a. |
| Adductor Magnus (*upper, minimus)* |  |
|  | O: inferior pubic ramus, ischial ramus, ischial tuberosity  I: linea aspira  N: obturator  A: 1. Adducts hip  2. **Externally rotates hip**  Blood supply: profunda femoral & medial femoral circumflex a.  \*\* note other adductor magnus on posterior thigh worksheet  All have the same **ORIGIN.**  Changes: insertions, innervations and actions!!! |